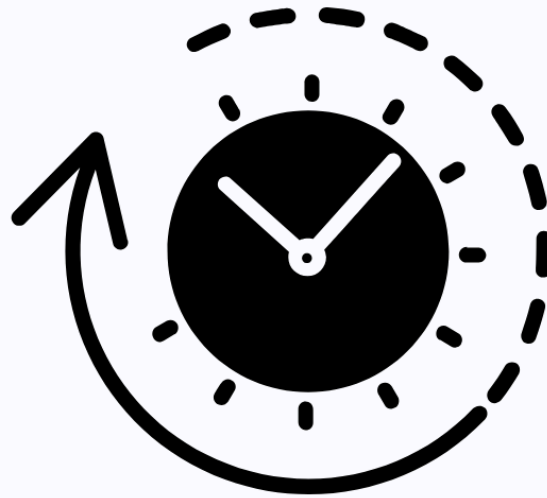


SIMPLE

STRENGTH



QUICK START GUIDE

MARK WEBB

Exactly What To Do To Start Seeing Results This Week

If you're overthinking this...

Stop.

Just follow this.

Step 1: Log Your Starting Point

Before you change anything...

Get your baseline.

Do this:

- Weigh yourself first thing in the morning
- Take front + side progress photos

This gives you a starting point and a way to track your progress.

Step 2: Set Your Nutrition

This is what drives fat loss.

Keep it simple.

Do this:

- Take a shirtless photo
- Upload it to ChatGPT
- Add:
 - Height
 - Age
 - Current weight

Ask:

“What weight would I need to reach to have visible abs?”

Then:

- Multiply that weight $\times 12 \rightarrow$ **Daily Calories**
- Set protein \rightarrow **0.8g per pound of that weight**

Plug those into whatever calorie tracking app you like...

And start hitting those numbers.

Step 3: Pick Your Training Days

No guessing.

Pick your days now.

Do this:

- Pick 3 non-consecutive days per week
- Put them on your calendar

Example:

- Monday / Wednesday / Friday

If you're doing 2 days per week:

- Monday/ Thursday

Whatever days best fit your schedule.

Step 4: Choose Your Movements

Keep it simple.

Pick 1 movement for each:

- Horizontal Push
- Horizontal Pull
- Vertical Push
- Vertical Pull
- Squat
- Hinge

Shortcut

Use the workout templates included.

No thinking required.

Step 5: Pick Your Rep Range

This is how you'll progress.

Choose one:

- 6–8 reps
- 8–10 reps
- 10–12 reps

Stay in that range until you hit the top... then make it harder.

Step 6: Track Every Workout

This is non-negotiable.

Write down:

- The exercise
- Your reps
- Any weight you used

Your only goal:

Beat your last workout.

Even by 1 rep.

Step 7: Train With Real Effort

This is where results come from.

Every set = AMRAP (close to failure)

Every set should feel like:

- Reps slow down
- It gets uncomfortable
- You push for a few more

Stay controlled. No sloppy reps.

Step 8: Recover

This is where your body changes.

- No lifting on off days
- Stay active (walk, move)
- Sleep and hydrate

Your First 4 Weeks

Don't overthink this.

- Train 3x per week
- Follow A/B workouts
- Track everything
- Hit your nutrition targets

That's it.

The Only Thing That Matters

Start.

You don't need perfect.

You need momentum.